

Fitness classes marked **FC** require use of a Fitness Card which may be purchased from the reception desk

Classes in **BLUE** require advance Registration and/or Payment

Classes marked **\$\$** have a drop in fee

LOFFLER SENIOR ACTIVITY CENTER

HOURS OF OPERATION: MON- FRI 8 A.M.- 4:30 P.M. (LAST ENTRY 4 P.M.)

APRIL 2024





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30- Pinochle (L) 9- Walking Club 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Current Events (SL) 11- Enhance Fitness (W) (FC) 12- Bridge (SL) 12:30- <i>No Zumba Gold Today</i> 12:30- Sew It Alls (1) 12:30- Embroidery on Paper (2) \$\$</p>	<p>2</p> <p>9- Canasta & Pitch (1) 9- Dice Rummy 10- Bridge (SL) 10- Art with Jamie (2) 12:30- Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 1- Woodcarving (2)</p>	<p>3</p> <p>8:30- Pinochle (L) 9 - Walking Club 9- Rummikub (L) 9:30- Yoga (W) FC 10- Honeybee Quilters (1) 10- Contract Bridge Club (SL) 12:30- Bingo (L) 12:30- <i>No Enhance Fitness Today</i> 2- Diamond Painting (L)</p>	<p>4</p> <p>9- Dice Rummy 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Loffler Sunshine Singers (L) 12:30- Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 12:30- Chatter Corner (1)</p>	<p>5</p> <p>8:30- Pinochle (L) 9- Walking Club 9:30- Yoga (W) FC 10:30- Bible Study (SL) 11- Line Dancing (W) 2- Book Club</p>
<p>8</p> <p>8:30- Pinochle (L) 9- Walking Club 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Current Events (SL) 10- Nutrition Education (2) 11- Enhance Fitness (W) (FC) 12- Bridge (SL) 12:30- <i>No Zumba Gold Today</i> 12:30- Sew It Alls (1) 12:30- Embroidery on Paper (2) \$\$</p>	<p>9</p> <p>9- Canasta & Pitch (1) 9- Dice Rummy 10- Art w/Jamie (2) 10- Bridge (SL) 12:30- Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 1- Charity Crafters (L) 1- Woodcarving (2)</p>	<p>10</p> <p>8:30- Pinochle (L) 9- Walking Club 9- Rummikub (L) 9:30- Yoga (W) FC 10- Contract Bridge Club (SL) 12:30- Bingo (L) 12:30- <i>No Enhance Fitness Today</i> 2- Diamond Painting (L)</p>	<p>11</p> <p>9- Dice Rummy (L) 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Loffler Sunshine Singers (L) 12:30- Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 12:30- Chatter Corner (1)</p> <p style="text-align: center;">11-Noon-St. Mary's County Mobile Library On Site</p>	<p>12</p> <p>8:30- Pinochle (L) 9- Walking Club 9- Open Studio Art (2) \$\$ 9:30- Yoga (W) FC 10:30- Bible Study (SL) 11- Line Dancing (W)</p>



LOFFLER SENIOR ACTIVITY CENTER

APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 8:30- Pinochle (L) 9- Walking Club 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Current Events (SL) 11- Enhance Fitness (W) (FC) 12- Bridge (SL) 12:30- Zumba Gold (W) (FC) 12:30- Sew It Alls (1) 12:30- Embroidery on Paper (2) \$\$	16 9- Canasta & Pitch (1) 9- Dice Rummy- (L) 10- Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 1- Woodcarving (2)	17 8:30- Pinochle (L) 9- Walking Club 9- Rummikub (L) 9:30- Yoga (W) FC 9:30- Health Watch (2) 10- Honeybee Quilters (1) 10- Contract Bridge Club (SL) 12:30- Bingo (L) 12:30- Enhance Fitness (FC) 2- Diamond Painting (L)	18 9- Dice Rummy (L) 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Loffler Sunshine Singers (L) 10- Bereavement Support Gr. (SL) 12:30- Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 12:30- Chatter Corner (1) 9-12-Hearing Screenings with Freedom Hearing	19 8:30- Pinochle (L) 9- Walking Club 9- Open Studio Art (2) \$\$ 9:30- Yoga (W) FC 10-Project Linus (1) 10:30- Bible Study (SL) 11- Line Dancing (W)
22 8:30- Pinochle (L) 9- Walking Club 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Current Events (SL) 11- Enhance Fitness (W) (FC) 12-Bridge (SL) 12:30- Zumba Gold (W) (FC) 12:30- Sew It Alls (1) 12:30- Embroidery on Paper (2) \$\$	23 9- Canasta & Pitch (1) 9- Dice Rummy 10- Art w/Jamie (2) 10- Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 1- Woodcarving (2) 1- Charity Crafters (L)	24 8:30- Pinochle (L) 9 - Walking Club 9- Rummikub (L) 9:30- Yoga (W) FC 10- Contract Bridge Club (SL) 12:30- Bingo (L) 12:30- Enhance Fitness (FC) 2- Diamond Painting (L)	25 9- Dice Rummy (L) 9-2-AARP Smart Driver Course (SL) 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 12:30- Chatter Corner (1)	26 8:30- Pinochle (L) 9- Walking Club 9- Open Studio Art (2) \$\$ 9:30- Yoga (W) FC 10:30- Bible Study (SL) 11- Line Dancing (W)
29 8:30- Pinochle (L) 9- Walking Club 9:30- Yoga (W) FC 10- Needlecrafters (1) 10- Current Events (SL) 11- Enhance Fitness (W) (FC) 12-Bridge (SL) 12:30- Zumba Gold (W) (FC) 12:30- Sew It Alls (1) 12:30- Embroidery on Paper (2) \$\$	30 9- Canasta & Pitch (1) 9- Dice Rummy 10- Make & Take w/Jamie (2) 10- Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30- Mah Jong (SL) 1- Woodcarving (2)	Virtual Classes thru ZOOM: <u>Mondays:</u> 9-Enhance Fitness <u>Tuesdays:</u> 8:30-Enhance Fitness 10- Chair Assisted Yoga 3- Chair Pilates <u>Wednesdays:</u> 9- Enhance Fitness <u>Thursdays:</u> 8:30- Enhance Fitness 10- Awakening Yoga (Mat) <u>Fridays:</u> 10- Chair Assisted Yoga	Group exercise equipment (hand weights, bands, mats, etc.) and fitness equipment (treadmills, bikes, etc.) are available for use. Users are asked to clean the equipment using the wipes and gloves provided before and after using.  	<h3 style="text-align: center;">Room Key</h3> <p>(1)-Activity Room 1 (2)- Activity Room 2 (W)- Weisman Room (L)-Loffler Room (SL) Senior Lounge (DK) Demo Kitchen</p>


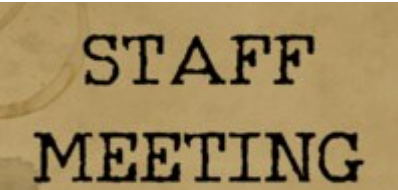
Loffler Senior Activity Center

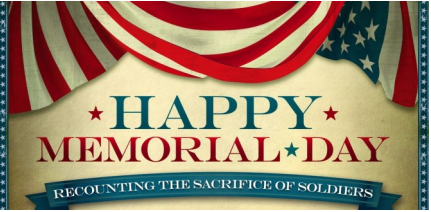
May 2024

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for participation criteria.

- Lunch meals are served from 11:30-12:00 p.m. Monday - Friday in the dining room & require a 24 hour advance reservation. The cost of lunch is a donation for those ages 60 and above. \$6 for those under the age of 60. **To reserve lunch leave a message at 301-475-4200, ext. 1657.**

Any program in **BLUE** requires advance online registration at www.stmarysmd.com/aging, or by calling 301-475-4200, ext. 1658

Monday	Tuesday	Wednesday	Thursday	Friday
Loffler Senior Activity Center Hours of Operation Monday - Friday 8 a.m.– 4:30 p.m. (last entry 4 p.m.) 	<u>ROOM KEY:</u> (1)- Activity Room (2)-Activity Room 2 (W)- Wesiman Room (L)- Loffler Room (SL)- Senior Lounge (DK)- Demo Kitchen	1 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10- Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	2 9-Dice Rummy 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-LofflerSunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	3 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10:30- Bible Study (SL) 11-Line Dancing (W) 2-Book Club (SL)
6 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12-Bridge (SL) 12:30-Zumba Gold (W) FC 12:30 Sew It Alls (1) 12:30-Embroidery on Paper (2) \$\$	7 9-Canasta & Pitch (1) 9-Dice Rummy 10- Art w/Jamie (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Woodcarving (2)	8 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	9 9-Dice Rummy 9:30-Yoga (W) FC 10-Needlecrafters (1) 10- No Loffler Sunshine Singers 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1) No Mobile Library	10 ALL Senior Activity Centers CLOSED 
13 8:30-Pinochle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10- Nutrition Education-Osteoporosis (2) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12-Bridge (SL) 12:30-Zumba Gold (W) FC 12:30 Sew It Alls (1) 12:30-Embroidery on Paper (2) \$\$	14 9-Canasta & Pitch (1) 9-Dice Rummy 10- Art w/Jamie (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1-Woodcarving (2)	15 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Health Watch-Sunscreen 101 (2) 9:30- Yoga (W) - FC 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	16 9-Dice Rummy 9:30-Yoga (W) FC 10-Needlecrafters (1) 10- Bereavement Support Group (SL) 10- Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	17 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10-Project Linus (1) 10:30- Bible Study (SL) 11-Line Dancing (W)

Monday	Tuesday	Wednesday	Thursday	Friday
20 8:30-Pinohle (L) 9-Walking Club 9:30-Yoga (W) FC 10-Needlecrafters (1) 10-Current Events (SL) 11-Enhance Fitness (W) FC 12-Bridge (SL) 12:30-Zumba Gold (W) FC 12:30 Sew It Alls (1) 12:30-Embroidery on Paper (2) \$\$	21 9-Canasta & Pitch (1) 9-Dice Rummy 10-Art w/Jamie (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Woodcarving (2)	22 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC 2- Diamond Painting (L)	23 9-Dice Rummy 9:30-Yoga (W) FC 10-Needlecrafters (1) 10- Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	24 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10:30- Bible Study (SL) 11-Line Dancing (W)
27 ALL Senior Activity Centers CLOSED 	28 9-Canasta & Pitch (1) 9-Dice Rummy 10-Make & Take w/Jamie (2) \$\$ 10-Bridge (SL) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 1-Charity Crafters (L) 1-Woodcarving (2)	29 8:30 Pinochle (L) 9-Walking Club 9-Rummikub (L) 9:30- Yoga (W) - FC 10-Honeybee Quilters (1) 10-Contract Bridge (SL) 12:30-Bingo (L) 12:30- Enhance Fitness (W)- FC	30 9-Dice Rummy 9:30-Yoga (W) FC 10-Needlecrafters (1) 10- Loffler Sunshine Singers (L) 12:30-Arthritis Exercise Video (W) 12:30-Mah Jong (SL) 12:30 -Chatter Corner (1)	31 8:30-Pinochle (L) 9-Walking Club 9-Open Studio ART (2) \$\$ 9:30-Yoga (W) FC 10:30- Bible Study (SL) 11-Line Dancing (W)

Important Information

- Fitness classes marked **FC** require use of a Fitness Card. Fitness cards may be purchased from the receptionist desk (\$40 for 10 classes). A one day drop in pass may be purchased for **\$5** per class.
- Group exercise equipment (hand weights, bands, mats, etc.) and fitness equipment (treadmills, bikes, etc.) are available for use. Users are asked to clean their equipment using the wipes and gloves provided.

Register for Zoom Fitness Classes

You can now use the online registration at www.stmaryscountymd.com/aging or leave a message at 301-475-4200, ext.1660.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10 a.m. Enhance Fitness	8:30 -9:30 a.m. Enhance Fitness 10 -11 a.m. Chair Assisted Yoga 3-4 p.m. Chair Pilates	9-10 a.m. Enhance Fitness	8:30-9:30 a.m. Enhance Fitness 10:00 a.m. -11:00 a.m. Awakening (Mat) Yoga	10-11 a.m. Chair Assisted Yoga

Programs and activities brought to you by the Commissioners of St. Mary's County and the Department of Aging & Human Services.